

Research Log # 1

A summary is a condensed version of someone else's work. Your summary should focus on factual information from the original document. Summarizing requires you to comprehend, analyze, synthesize, and evaluate information.

Guidelines to Writing a Summary:

- ☐ In the first sentence, tell the **main idea** of the reading.
- ☐ Include article **title** and **author**.
- ☐ Include **important information** such as names, dates, etc.
- ☐ Do not include examples unless necessary for understanding
- ☐ Write clear sentences
- ☐ **Structure** your summary in a **logical way** (preferably the same as the reading).
- ☐ Tie your ideas together in a **concluding sentence**.

**STEP 1 Summarize:** In the box below, write a summary of the article following the structure given above.

A System of wrestling And Critical Analysis of wrestling techniques, Employed in national Champion Ships. The author has in some way been associated with the sport of wrestling for most of his life. He has competed in wrestling, taught wrestling, coached wrestling, officiated, and written about wrestling. His first exposure to the sport was in Illinois in 1953 at Milledale High School. Since that time his interest in wrestling has followed him through several years of undergraduate and graduate schools. The title of this book "Systematic Championship Wrestling" written by Ray F. Cerson, Jr. This book can relate to our highschool wrestling program.

**STEP 2 Respond:** In your own opinion, write your reaction or response to the article using a suggestion below.

- Explain how the article **relates** to your research
- Tell how this article is **important**.
- Discuss the **questions** this article raises about your topic
- **Quote** a line and then respond to it
- Discuss how you **felt** about the article
- Talk about the ideas you **didn't understand**
- Talk about the ideas you **did or did not agree** with and why

This book related to my research because it explained about wrestling and about how difficult it can really get. This Book is important because It goes in depth about practices and matches, and even how to wrestle and how much hard work and dedication it takes. This article explains the advantages of wrestling and discusses how much work is needed to put into wrestling than other sports. A Quote from the Chapter of "The Science of Training." "The primary goal of overloading the body is the development of endurance" I feel good about this article because it really explains a lot. I have understood most of the ideas that have come from this novel. I agree with all statements, ideas, and quotes from this book because wrestling is my life.

Genre: Reference, Book, Encyclopedia, Anthology, Newspaper, Magazine, Journal, Interview, Film, Cartoon, Lecture, Speech, Radio, Television, Website document

Author(s) Ray  
F.  
Carson  
Jr.

Title (Book, Newspaper, Magazine)

Systematic  
Championship  
Wrestling

Title of Article:

Publication Date:

published in  
1978

Publisher:

Baet R. Patterson

Place of Publisher:

New York

Volume:

Number:

Edition:

Page Number:

**STEP 3 Connect:** Write 4-5 sentences explaining how this article could potentially connect to the argument you will be writing.

- ☐ Think about your claim. Will this article support your claim or offer you the counter-claim (opposing argument)?
- ☐ Does it include any compelling statistics, quotes, or facts that might help your argument?
- ☐ If it does not connect, explain what information you were hoping to find in this reading.

This book will support my claim. ... this book defines my claim in many ways just in one chapter. this book has an enormous amount of quotes and facts that will provide evidence from my argument.

**STEP 4 Capture:** the two most important ideas of the article.

The Science of The Training

Strength & development.

